

DANCING IS GOOD FOR YOU

Read the text below & use the words in capitals to form a word that fits in the gap in the same line.

Since the dawn of civilization, dance has been an important part of life, and dance (0) historians struggle to identify the first evidence of dance as it has always been an intrinsic part of human (1)_____.

HISTORY

The earliest recorded dances, discovered in the 9,000-year-old Bhimbetka rock paintings in India, were used to tell stories and celebrate (2)_____ events, whilst also serving as a way of passing on information to future generations.

BEHAVE

SIGNIFY

But why has dance, something which can make someone look utterly

(3)_____ if done wrong, always seemed to be natural to our DNA? Experts argue that its psychological and physiological benefits are the cause. (4)_____ studies have discovered that dancing is not only an (5)_____ form of non-verbal communication, but it is also a mood-boosting cure that can alleviate (6)_____ improve interpersonal (7)_____ and cure illnesses. Physically, dancing makes us happy because, as with any repetitive exercise, it releases endorphins. Also it's a socializing event, (8)_____

RIDICULE

NUMBER

EFFECT

DEPRESS

RELATION

ABLE

us to be physically close to people and more emotionally connected to them.

